

The AOL experience:
Living is easy when
breathing is fun

US war vets'
children seek
recognition

'Nicole,' Smith cite
similar provisions
in custody issue

8-year-old, 4 others
injured in pillbox
explosion in Pasig market



Humans can track scent
like dogs, but not as well



RESEARCHERS AT THE University of California, Berkeley, have found that people can follow a scent surprisingly well as long as they do not mind abandoning all rigidity, sniffing their

FORNIA CALIF. AA

PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, December 19, 2006

A 4 Vol. 22 / No. 12

without impairment

Cold wind keeps 'Tomas'
from moving into RP

By Norman Bordadora

TYPICAL STORM 'TOMAS' HAS ENTERED THE Philippine area of responsibility but is not expected to make landfall on any part of the archipelago. National Dir. of Pagasa's weather branch, said a high pressure mass over the Philippines was keeping Tomas (international code name: Trudy) from moving into the islands.

12/19/2006 04:00 AM

Water rates up starting Jan. 1



HOME FOR THE HOLIDAYS

Filipino migrant workers receive gifts as they arrive at the Ninoy Aquino International Airport to spend the Christmas holidays with their loved ones. Remittances from Filipinos working abroad hit a record monthly high of \$1.19 billion in October.

Suspected guns-for-hire held in Abra congressman's killing

By DJ Yap

POLICE HAVE DETAINED SUSPECTED guns-for-hire and offered a P200,000 reward for information in connection with the murder of Abra Rep. Luis Bernabe Jr. and his security aide, officials said yesterday.

House Minority Leader Francis Irujo yesterday said the killing of Bernabe was a "day on the line" of Congress and could set the stage for more violence in the run-up to the May 2007 elections.

Officials called on Speaker Jose de Venecia to take immediate

steps to secure congressmen. Also yesterday, Abra Gov. Vicente Irujo dismissed speculation that he was behind the attack on Bernabe. "Bernabe had always been our ally," Irujo told ANI yesterday. "It's just too bad that some people were trying to

SUSPECTED GUNS-FOR-HIRE

Inflation, big debts cited for increases

By Christine A. Gaylean

STARTING JAN. 1, customers of Maynilad Water Services and Manila Water Co. Inc. in Metro Manila and nearby areas will be paying more for the tap water they

use. It was not the only bad news for residents of Metro Manila and nearby provinces. Manila Electric Co. announced power outages would hit some of its franchise areas in the coming days. (See related story on Page A13.)

The reprimanded Maynilad will be charging its customers in the west zone an additional 48 cent per cubic meter, raising the cost of water to an average of P12.99 per cubic meter from P12.51. Maynilad has 6.2 million customers.

The Metropolitan Waterworks and Sewerage System (MWSS) Regulatory Office approved the increase in a resolution issued yesterday.

With the increase, consumers in general paying an average of 38 cubic meters a month will have to pay P687.50, or P12.43 more than the current P575.30.

WATER RATES UP

COSTLIER METRO WATER



REPORTER'S NOTE

Fresh Cha-cha push seen after Christmas

By Gil C. Cabacungan Jr. and Jocelyn R. Uy

MANAGARANING SISTERHOOD strongly indicated it was just getting its start, in reference to the Christmas season, before making another push for Charter change. President Macapagal-Arroyo's advisers, as well as Speaker Jose de Venecia Jr., served notice on some 5,000 protesters staged a surprise rally in the historic Ilocos-sur district to renew their demand for her tenure.

Apparently disheartened by the small impact caused by Sunday's prayer rally at the Lacuna,

where Roman Catholic Church organizers had launched political speeches and slogan-chanting, yesterday's protesters unfurled banners and chanted chorale-isms of Ma Arroyo.

The rally appeared to have caught the police unawares. Intervenor on 3531 radio, Legislative Secretary Edgardo Kintela said the President had not threatened any of the three modes for Charter change allowed under the Constitution.

"We cannot say we are backing off (them) were political reform, such as Charter change, in

FRESH CHA-CHA AP

Bunye says character change meant for all

By Gil C. Cabacungan Jr. and TJ Bugarin

PRESIDENT MACAPAGAL-ARROYO apparently did not feel specifically affiliated to when Catholic Church leaders called for Filipinos to focus more on character change than on Charter change last Sunday.

"I think it applies to everybody, including executives, politicians and local government officials," Press Secretary Ignacio Bunye said in a press briefing yesterday. "We agree that moral values should be emphasized, especially in our society, which

has become very materialistic." Manila Archbishop Gaudencio Cardinal Sison and Archbishop Angel Lagdameo, presidents of the Catholic Bishops Conference of the Philippines, stressed the need for character change among Filipinos when they spoke at Sunday's Church-led prayer rally at the Lacuna.

Not known for mixing her words, Sen. Miriam Defensor Santiago said the call amounted to a conversion by Catholic leaders that, despite having been rooted in the country for hundreds of years, the Church had expensively in our society, which

BUNYE SAYS AP

AFP readies 3-year plan to finish off Reds

By Don Z. Puzos

THE MILITARY IS DRAFTING A new internal security strategy for the next three years to line with President Macapagal-Arroyo's order to finish off the communist insurgency by the end of her term in 2010.

The new battle plan, reportedly the military's five-year Opplan Batang Laya that will

end at the close of the year.

Aside from tackling the two-decade-old insurgency waged by the Communist Party of the Philippines through its armed wing, the New People's Army, Opplan Batang Laya is aimed at fighting Abu Sayyaf and Jemaah Islamiyah extremists.

Armed Forces Chief of Staff Gen. Hermenegildo Esguerra said the new plan, tentatively

called Opplan Batang Laya II, would focus on "active guerrilla fronts" while taking a "holistic approach" in the counterinsurgency campaign.

"We will have more components of the developmental (approach), but this one is focused on the active guerrilla fronts," he said.

In the latest iteration, NPA guerrillas unleashed a group of

police and civilians who were conducting routine operations aboard a small boat in Hilo, Marikina, at 3 p.m. on Sunday, killing four officers and wounding two civilians, Senior Sp5. Dr. Genito Alonzo, the provincial police director, said.

The fatalities were identified as P03 Jose Balde Sausay and Police Officer 1 Juan Gomez.

APPEARANCE AP



CHESTNUT Tower in Chicago, where former Agriculture Undersecretary Jocelyn Bolante's family lives.

Lawyer doubts Bolante still in US jail

By Norman Bordadora

A FORMER AGRICULTURE Undersecretary accused of diverting P728 million in kurdish funds to administration allies to ensure President Macapagal-Arroyo's election victory in 2004 may no longer be in the United States, according to a law professor who opposed his application for political asylum.

Harry Roque said he received information that Jocelyn "Jo-Jo" Bolante had been pushing for voluntary deportation to Indonesia at any other member-state of the Association of Southeast Asian Nations (Asean).

"This is the reason why his lawyer is intent on history regarding his case," Roque, a member of the University of the Philippines' Institute of International Legal Studies, told the Inquirer.

Bolante's lawyer threatened to file contempt charges against any media entity that would come out with details of the former government official's asylum hearing.

"If we speak, I don't know where he is or whether he is still in the US jail," Roque said.

Bolante was arrested at Los Angeles International Airport on



BOLANTE'S daughter and wife arrive at Chestnut Tower from a court hearing in this photo taken on Dec. 14. (www.comstar.com/news)

LAWYER DOUBTS AP

WEATHER FORECAST

PHILIPPINE The weather outlook for today will have cloudy skies and rain. There is a slight chance of rain in the afternoon and evening. The rest of the country will have mostly cloudy with light rain.

FORECAST

MANILA 24-28°C, 75-82°F

Second FRONT PAGE

See our front page for more news coverage and analysis. Call 1-800-888-8888.

Palace cuts ties with 'The Firm'

By Gil C. Cabanog Jr.

THE FIRM MAY HAVE ITS MOST IMPORTANT CASE.

A Washington, D.C., law firm that President Macapagal-Arroyo had decided to consult the Palace's designated chief legal counsel, Sergio Apacosta, for all her legal concerns, has publicly announced.

The move, which could not be better because he was not authorized to make the disclosure, said the President had not off all her ties with the Villanueva & Arroyo, co-widely called "The Firm" for its influence and other reasons, after Macapagal had a falling out with the office's founding partners on the Duterte charge issue.

The move said the President had opted to let his and his palace law firm to re-

place Villanueva & Arroyo, which had regularly provided legal advice and services to the President and her family since before she stepped into Malacañang.

Representatives of Villanueva & Arroyo, which holds offices at a Makati City building owned by their grandfather, Jose Miguel Arroyo, denied any such business relationship.

The President was apparently displeased by the rising shadow of the people's mandate to change the Constitution by the Supreme Court passed by Justice Antonio Carpio last October when the plan was widespread as "aggravated fraud on the people." Palace associates had publicly expressed Carpio, a brother of Villanueva & Arroyo and an appointee of the President to the high court, to make her and her team the President's go-to outside.

CUSTODY CASE

'Nicole,' Smith cite similar provisions

By Armand M. Masera

BAPE VICTIM 'NICOLE'S' LAWYERS—THIS time aided by former Senators Jovito Salonga and

Wighem Tadea—sue the petition filed by convicted US Marine Lance Cpl. David Smith seeking his return to US Embassy custody transferred from the Court of Appeals to the Supreme Court.

In a surprise move that before the Court of Appeals, Nicole's lawyers will the Supreme Court had exclusive jurisdiction over the issues raised by Smith's petition.

"The petition is contrary to Article III, Section 2(2) of the Constitution which provides that the Supreme Court has exclusive jurisdiction over the issues raised by Smith's petition," said Justice Antonio Carpio last October when the plan was widespread as "aggravated fraud on the people." Palace associates had publicly expressed Carpio, a brother of Villanueva & Arroyo and an appointee of the President to the high court, to make her and her team the President's go-to outside.

SALONGA

Salonga, Tadea

Former Senate President Salonga and Tadea argued as co-petitioners and helped in the "petition and filing" of the petition asking the CA to "sue" the US Embassy (Salonga) to transfer the case to the Supreme Court.

In his petition, Smith had asked the CA to nullify the Dec. 13, 2003, order issued by Marine Judge Benjamin Flores finding the convicted Marine's arrest to be conducted from the Makati city jail to the US Embassy.

Salonga and Tadea, who were among the 12 senators who had voted for the removal of US military bases to be country to 1991, will appear for Nicole in case the CA decides to transfer Smith's petition to the SC.

Same argument

In his motion, Nicole's lawyers argued, they asserted that the case should be transferred to the Supreme Court considering that a similar petition filed by her husband was still pending before the court.

She was referring to the petition for constitutional challenge filed by her husband, questioning the constitutionality and interpretation of Article V, Paragraph 6, of the 1987 Philippine Constitution (VPC).

The same provision is being used by Smith to prevent his seeking a writ of habeas corpus.

The provision states that: "The custody of any United States personnel over whom the Philippines is to exercise jurisdiction shall be immediately made with US military authorities, if they so request, from the termination of the offense until completion of all judicial proceedings."

"The said provision before the Supreme Court covers the issue that Smith petitioned David Smith has consent to his transfer petition before the Court of Appeals, particularly the interpretation of Article V, Paragraph 6, of the 1987 Philippine Constitution under the issue of custody is concerned," Nicole's lawyers said.

Unconstitutional

In their petition for writ of habeas corpus, Smith's lawyers asked the Supreme Court to declare the VPC provision unconstitutional as it violated his right to equal protection under the law being the victim of the case.

Smith maintained that under the same provision, he should have remained in the custody of the US government until the completion of all the judicial proceedings relating to the rape case filed against him.

Smith accused House of committing a gross abuse of discretion and acting without collecting when the judge ordered the US Embassy's confinement at the Makati city jail.

Mutual agreement

The issue of custody over United States personnel having criminal charges in the Philippines, according to the petitioners, was to be mutually agreed upon by the executive branches of the US and the Philippines under the VPC.

"Given the foregoing, we respectfully request that the instant petition of David Smith should be returned by the Court of Appeals to the Supreme Court in deference to the primary jurisdiction of the Supreme Court over the petition pending before the lower court which involves the same parties and the same and/or similar issues," Nicole's lawyers said.

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THE
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New realty tax rates in Batangas junked in CA

BATANGAS CITY.—THE CREDIT APPROPRIATION (CA) Third Division has dismissed the proposed property tax rates for the year of the Department of Justice (DOJ) decision back on June 1, which would have increased the rates by 10 percent.

Lawyer Dennis Magsangal, president of the local bar association, said he was told by the DOJ that the rates would be increased by 10 percent, but he was told that the rates would be increased by 10 percent.

Mt. Province pols feud over P100M

BAHAG CITY.—THE TOP TWO politicians of Mt. Province are feuding over the use of a P100 million fund for the installation of guardrails along and widening of the Highway Highway from Mt. Davao to Buhay to the capital.

The fund is part of the 70-10-20 law rehabilitation of Highway Highway from Mt. Davao to Buhay.

One Mountain Davao area politician, Magsangal, claims that he was supposed to acquire the project of the fund, but he was told that the fund would be used for the widening of some sections of the road.

and turned of using it for the guardrails and widening.

Magsangal, who is also a member of the House of Representatives, said he was told by the DOJ that the fund would be used for the widening of some sections of the road.

He said that he was told by the DOJ that the fund would be used for the widening of some sections of the road.

Continued from page 10

Senator Hilario Lim, who is also a member of the House of Representatives, said he was told by the DOJ that the fund would be used for the widening of some sections of the road.

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senior, crime and drugs affecting the security of the region.

The Highway Highway from Mt. Davao to Buhay is a major road in the region.

He said that he was told by the DOJ that the fund would be used for the widening of some sections of the road.

which were the biggest, but have been completed and are now open.

In the State of the Nation Address, Lim said that the rehabilitation of Highway Highway was a priority.

He said that he was told by the DOJ that the fund would be used for the widening of some sections of the road.

Cholera makes presence felt in Camarines

IRIGAYEN, CAMARINES SUR.—Three cases of cholera have been confirmed by health authorities here as an outbreak of the disease has started in at least 70 persons in Irigayen.

Dr. Placer Pineda, municipal health officer, said that the first case of cholera was reported on Monday.

He said that he was told by the DOJ that the fund would be used for the widening of some sections of the road.



Protesters in Zamboanga City light candles during Monday's vigil for the scrapping of President Magsangal's proposed Charter Change.

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Gov't urged to declare birthday of Ilonggo patriot nat'l holiday

By **Mano P. Burgos**
Ilonggo Tribune

ILONGGO CITY.—ILONGGOS ARE CALLING FOR the declaration of Dec. 15 as a national holiday in honor of Ilonggo patriot General Agapio Luna (nicknamed Agapio), leader of the Ilonggo National Army, and the birthday would be declared a national holiday.

The birthday of the Ilonggo patriot General Agapio Luna is celebrated by the Ilonggo community in Iloilo.

Agapio was born on Dec. 15, 1890, in Iloilo.

He was a member of the Ilonggo National Army.

He was a member of the Ilonggo National Army.

ganda Movement," against Spanish colonial rule.

Luna was a member of the Ilonggo National Army.

He was a member of the Ilonggo National Army.

He was a member of the Ilonggo National Army.



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News

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RP needs P50B for typhoon rehab

By Cynthia D. Balane

THE COUNTRY WOULD NEED AT LEAST P50 billion, or \$1.01 billion, to rehabilitate communities, rebuild infrastructure and replace crops destroyed by the last four typhoons that struck the country, Social Welfare and Development Secretary Esperanza Cabral said yesterday.

Speaking after the launch of Philippines 2006 "Typhoon Alert" at the Metropolitan Hotel in Quezon City, Cabral said the amount needed for rehabilitation work could actually be higher since the \$2.87 billion figure quoted by the United Nations Development Program (UNDP), only represented the actual damage. She said at least \$40 million (P12.2 billion) was needed for the

rehabilitation and replacement of crops for the last typhoon alone.

"It becomes clear that whenever after the disaster that we need to coordinate our efforts," Cabral said. "We should have a clearing house of all the resources that are being brought to bear on the disaster, including money, goods, personnel and equipment."

At least 1,556 people were

dead or missing.

"We're short of funds and whatever resources we had in cooperation with disaster had been depleted by four consecutive major typhoons during the last three months," she said.

About 120,000 people are still in evacuation centers in Marikina City where homes were destroyed.

Meanwhile, the International Organization for Migration de-

stined \$230,000 (P12.4 billion) to evacuate and for victims of typhoons fleeing to the West region and metropolitan areas to P50 billion (P25 billion) needed to provide relief for 95,000 internal displaced people to the region.

UNDP's disaster relief coordinator said it had set up a hub in Laguna City for the delivery of emergency shelter and non-food items to be returned, 1,000 families in the Marikina hot zone.

After promising the Department of Foreign Affairs and the United Nations Foundation donated a total of 20 trucks of non-perishable relief goods for Marikina victims, to be shipped by air to Marikina and other affected areas of Central Luzon. With UNICEF, UN Women and UN Women



FORA Gade, 5, takes shelter under a half-Arctic tent in Marikina Posing, Laguna City while her parents look for food. After more typhoons, 4, died at the height of typhoon "Nanang."



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From period: Nov. 1, 2006 - Jan. 14, 2007
See Flyers for details

No. 100-802 Shell Inc. 2007 Shell of 2006

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The World

Editor Lawrence B. Sauter

Fragile truce in Gaza after violence

GAZA CITY—A FRAGILE TRUCE BETWEEN rival Palestinian groups was holding Monday after a day of deadly familial violence following President Mahmoud Abbas's controversial call for early elections.

amid the intense clash, British Prime Minister Tony Blair was due to hold talks with Abbas and Israeli Prime Minister Ariel Sharon on the latest leg of a regional road map to peace in resolving the ancient Middle East peace process. Despite the armed between Abbas's Fatah party and the outlawed Hamas, which has warned the election call is a trap—calling of automatic group arrested in the night in Gaza City. Two people have been killed and dozens wounded in the impromptu violence since Abbas called for holding early presidential and parliamentary elections on Sunday.

Hamas, which has been in power

The violence of the violence have included a 19-year-old woman and 23 people. They caught in the crossfire and two Fatah fighters. A member of the Palestinian guard and a cousin in the national security services. Unidentified gunmen also fired on Israeli tanks from a house in the Gaza security and its first attack that killed three people on Sunday. The group is called Hamas. But the ceasefire goal off an impromptu riot when Fatah launched a news conference with Hamas called to announce the truce, offering truce. Abbas's call for early elections has not been the latest phase of struggle between Hamas and the president's own Fatah forces could split with Hamas and not.



PALESTINIAN Arab party supporters, loyal to President Mahmoud Abbas, hold a poster as they rally in support of the president in Gaza.

Red Crescent stops work in Baghdad after kidnaps

BAHRAIN—REDEED CRESCENT, the world's largest humanitarian aid organization, has stopped its work in Baghdad after kidnaps of its staff.

Meanwhile, new US Defense Secretary Robert Gates was at the office in Washington amid dropping divisions among US government officials and policy experts about how to handle the remaining crisis in Iraq.

"Only in Baghdad have we stopped, or make more progress in five days than we have in 18 months," the Iraq Red Crescent's secretary general Mawla Akhbar told AFP news after the kidnaps.

"We are now only negotiating working in all Iraq. But we don't want to stop," he said, emphasizing that the clinics applied only in the Red Crescent's health and relief workers in the capital.

In addition to the main branch located in the capital, the Red Crescent has closed its 40 subsidiary offices in Baghdad, affecting more than 100 staff, a large proportion of them security guards, Akhbar said.

Witnesses of the 30 men kidnapped in Baghdad's central area by gunmen dressed in police uniforms have been arrested, including three people from the newly formed Ministry and 15 Red Crescent guards and drivers, Akhbar said.

UK cops arrest suspect in murders of 5 prostitutes

SPRING, England—Police arrested a 27-year-old man Monday morning on suspicion of murdering five prostitutes in western England, a senior officer said.

The man was arrested at 7:30 a.m. at his home in Tisbury, near the port of Southampton. Under Chief Insp. Steven Gill of Tisbury Police is a local man named to improve.

"He has been arrested on the suspicion of murdering all five women," Gill said. "The man is currently in custody as a police matter in Tisbury where he will be questioned about the deaths later today," he said.

Tisbury is 11 miles east of Tynemouth, where all five victims were known to sex positions.

Their names were found

dumped in mud near the police, 110 miles northeast of London, over a 16-day span beginning Dec. 2.

Earlier in the morning, police announced that they had found the bodies of the five victims of the deaths of Tynemouth, South Atlantic, Paula Greville and known subjects had been dumped.

Greville, 34, died of compen-

sion in her neck, and Morrison, 28, was strangled, a senior police officer said. The bodies of the bodies of Tynemouth, 19, and Nicholls, 20, were found on the coast of the sea.

In respect to the deaths of Morrison, 28, was strangled and Nicholls, 20, was strangled and Nicholls, 20, was strangled and Nicholls, 20, was strangled.

The investigation had traced the movements of one of England's resident police forces, and 140 specialists in investigation were brought in from across Britain to join 100 British officers working on the case.

In further morning, police had received more than 10,000 calls from the public offering information, Gill said.



PHASES OF DOOM A street vendor in a slum of a JETI central Mexico is in a shopping center in Mexico July 21, 2004. The 11-meter wide road that crossed the world as part of a roadshow marking the 50th anniversary of the Soviet Union, it is in the shadow of a drug war.

What's most politically wrong word?

LOS ANGELES—"NINAGA" BOB is a member one.

The "ninaga" is a word used by the Indian people of the state of Nagaland to describe a member of the Indian people who was making his debut, was named the most politically incorrect word of the year as chosen by the Los Angeles Times, a member group that makes most maps.

"The word 'ninaga' has changed the political climate of the 15 Indian states. It's a word used by the Indian people to describe a member of the Indian people who was making his debut, was named the most politically incorrect word of the year as chosen by the Los Angeles Times, a member group that makes most maps.

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Americans abroad renounce citizenship over taxes

PARIS—AIDS IS A FORMER MAJOR, a native California state and now an ex-citizenship who renounces its citizenship to avoid the tax on income from the state. The state of California has been one of the most widely considered options, the turned in 10 to 20 people last week without incident, to becoming citizens in the state of California.

"It's a really hard thing to do,"

said the woman, a 35-year-old resident of Geneva, Switzerland, who had lived in the state and state of Illinois since 1993. She was born in the state of Illinois and had lived in the state of Illinois since 1993. She was born in the state of Illinois and had lived in the state of Illinois since 1993.

The woman, a 35-year-old resident of Geneva, Switzerland, who had lived in the state and state of Illinois since 1993. She was born in the state of Illinois and had lived in the state of Illinois since 1993.

Historically, small numbers of Americans have renounced their citizenship every year for political and economic reasons, with the number rising in the last few years.

But after Congress sharply raised taxes this year for many Americans living abroad, some renounced their citizenship.

They don't think about the tax on income from the state. The state of California has been one of the most widely considered options, the turned in 10 to 20 people last week without incident, to becoming citizens in the state of California.

"It's a really hard thing to do,"

nationally," said Martin Muller, a senior lawyer with Baker & Botts in New York, Washington.

A spokesman for the IRS Treasury in London, Kevin Field, said renunciation must be done in the country where they are.

"The administrative cost of being an American living abroad, some renounced their citizenship.

They don't think about the tax on income from the state. The state of California has been one of the most widely considered options, the turned in 10 to 20 people last week without incident, to becoming citizens in the state of California.

Income disparity in rich Singapore comparable to poor Kenya's

By Geoff D. Wingo

SINGAPORE—AIDS IS A FORMER MAJOR, a native California state and now an ex-citizenship who renounces its citizenship to avoid the tax on income from the state. The state of California has been one of the most widely considered options, the turned in 10 to 20 people last week without incident, to becoming citizens in the state of California.

of Boston University, an MP in the New York City—on the way to the state of California has been one of the most widely considered options, the turned in 10 to 20 people last week without incident, to becoming citizens in the state of California.

Income disparity in rich Singapore is comparable to poor Kenya's, a political economist told the Philippine Daily Inquirer.

"If the political atmosphere and effort get any worse, the Philippines will see more citizens renouncing their citizenship," he said.

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"If the political atmosphere and effort get any worse, the Philippines will see more citizens renouncing their citizenship," he said.

NCA holds 2nd leg today

The National Cocker Association will hold the second leg of its derby circuit today at the world-class Pines CC complex. The Texas derby, which follows the highly successful 1988 first leg held there, 12-14, will be hosted by Gene De Fourn.

Students like Mayor Joe Signa, Mayor Winchell and Lake Okauchee emerged victorious during the first try and last round to defend their titles.

Other contenders are Manuel Aguilar, Marco Lopez, Wilfredo Pineda, Puerto Aranda, Jerry Ramirez, Luis de la Cruz, Sr., Manuel Pizarro, Juan Santiago, Roberto Aranda, Ben

Sen. Kelly Nankin, Chief Officer
Mark Villanov, Heavy Gunner, 3rd
Griffon, Edwin Cannon, 1st Air
Base, Michael G. Larkin, Chief
Jury Cannon and 1st Officer.

[illegible]

SPORTSWATCH

Last chance to join Makati cockfest

APPLIED LEADERSHIP: The Midwest Life Sciences Institute (MLSI) is seeking a PhD research scientist to lead a research team in the development of a novel, non-invasive, and non-toxic method for the detection and quantification of cancer cells in the blood. The successful candidate will be responsible for the design and execution of experiments, the analysis of data, and the publication of results. The position is located in the Department of Biomedical Sciences, University of Illinois at Chicago, and is a full-time, permanent position. The salary range is \$100,000 to \$150,000 per year, depending on experience. For consideration, please send your curriculum vitae and a letter of interest to the Director of the Center for Cancer Research, Dr. Robert C. Serlin, at the address above. The review process will be confidential. The Center for Cancer Research is an equal opportunity institution.

New Year derby at Santa Dec. 29

hearts and CAN-1/2/3/4/5/6/7/8/9/10/11/12/13/14/15/16/17/18/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/963/964/965/966/967/968/969/970/971/972/973/974/975/976/977/978/979/980/981/982/983/984/985/986/987/988/989/990/991/992/993/994/995/996/997/998/999/1000/1001/1002/1003/1004/1005/1006/1007/1008/1009/1010/1011/1012/1013/1014/1015/1016/1017/1018/1019/1020/1021/1022/1023/1024/1025/1026/1027/1028/1029/1030/1031/1032/1033/1034/1035/1036/1037/1038/1039/1



(CWNP) Saint Hyacinthe National Table Tennis team, coach/leader Michael Nagurny (left), checked the girls' and ladies' elementary and high school titles in the recent 3rd Quebec Table Tennis National Inter-Schools team event and 3rd Zany Cuts Memorial event.

SPORTS

Asiad medalists get cash rewards

By Janet Mayberry

AN UNREALIZED BILLIARDS PLAYER WILL LEAD 17 OTHER FEMALE athletes who will receive their cash incentives today for finishing lower 12 matches, four of them gold, from the 19th Asian Games in Doha, Qatar recently.

Antonio Gaitan, who claims he sold his last, described as a "weak" 18-karat piece with a gold-plated metal core, will get a value of \$1.3 million from President George W. Bush during a ceremony by the American Numismatic Society on Feb. 22 in Washington.

The two others in Illinois were matched by subsidiaries. Most accurately Illinois and Colorado (a Black Stone Midland affiliate) and another Chicago-Pennsylvania account of the other three which were worth \$200,000 to each.

The monetary awards were awarded through EA's P&G awards to the Sports Incentives Act and approved in 2001 when P's million was awarded to a gold, \$100,000 first prize and \$100,000 for bronze from the South of the Philippine Amusement and Gaming Corp.

The President then announced additional investments of \$50,000 for a pair, \$100,000 for others and \$250,000 for houses on the second floor of the hotel.



STANDARD Electric has lost \$1.2 million

Source: U.S. Census Bureau, *Current Population Reports*, 1990.

ing. First 10, Glen-
bow Ridge; 20, Stone

Money (5), February 19
 Page 2—470—Edward C. McNeil
 1981, 1982, 1983, 1984, 1985

Reps. 3—PentaCrV10—Accepted by the Board of Directors 11/11/2010

Magnus Hedström (SE), Robert Jones (GB),
Lars Löfdahl (SE)

Base 9—(70)—Crustal Series (6), the
Mud (3), and the
Base 9—(70)—Crustal Series (6), the
Mud (3), and the
Base 9—(70)—Crustal Series (6), the
Mud (3), and the

10. Share Costs (9). Share
Minors (5).

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15. Andrew Baker (7), son of
Gather (7), Summit House (8)
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Stage 4—(Dry Tr.)—Grand Plains (7),
Gardiner (20), Termination

Page 8—(Super-500s/70s)—Car Parents

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PSC chair leaves fate to President

By Marc Anthony Rayner

I WILL GO THROUGH THE PRESIDENT
AND BE.

Philippine Sports Commission chair Mark Luning declared this powder as he reported back to work in the country's sports cap following a successful campaign in the 15th Asian Games in Tokyo, Japan.

While he'll short by one gold to his predicted target of five ounces, the Actual bid of One gold, six ounces and nine tenths was the exact type lost since the 1962 Albany Games when the Filipinos came up with a 7.125 oz.

The performance was all the more impressive since the FRC pulled it off despite a budget halved of 700 million—about one-seventh what the country spent when it captured the Southeast

Jeff Korman will be leading his line up to Mountain Meadows, Ariz. "I will serve the

Presidential campaign, wherever she wants, no matter if she is in the PRC," Samuels told the *Journal*. He is expected to get the Presidential reply today when he accompanies the State Secretary to their country's capital, Beijing.

print can reach places where TV can't.

There's more to print.



1999 2000 2001

IN THIS ISSUE

■ **The problem with sugar** /D1

LIFESTYLE

Editor: Chela-Bonifacio-Perez
 (02) 707-2500 and (02) 707-2501 • e-mail: chela@inquirer.com.ph

IN THIS ISSUE

■ **Characters you meet in the gym** /D4

MONDAY ARTS & BOOKS • TUESDAY THEATRE • WEDNESDAY ISM • THURSDAY FOOD • FRIDAY FASHION & BEAUTY

When breathing is fun, the living is easy

By Lynette A. Villalita
 Photos by Raulo Roco

ALTHOUGH IT TAKES TO PULL US OUT OF A HURRIED RHYTHM in the metropolis is an invitation. So when the invitation called for us "to experience the Art of Living (AOL)" in six days, it was enough reason to drop everything.

There were 400-hour Buddhist monks in the Hukam Shanti La house who thought it was worth spending some 20 hours in the house.

Like lesser Buddhist monks, some of us who did not know what to expect, my knowledge of AOL was limited to the collection of books in the house. So for first time, we were a mixture of the interested and the curious. Some, like Helen—a recently widowed woman who does not look the experienced—were also expected to give something new out of a well-lived life. Others, much younger, were expecting to have the same life-changing experience that brought them to the house.

Putting a smile

Like innocent children on their first day of school, we sat on the white dress-covered steps to be enlightened on what the house had to offer. The teacher recommended things to make us the best chance of achieving "what you

the house depicts that: "The organization is not important. It is the individual that is. Our aim is to put a smile in every heart."

Adapted to the needs of modern life by its 50-year-old founder based in Bangalore, India, AOL comes out of a long tradition as an experiential program designed to develop the full potential of life. It is anchored on the premise that it is in our nature to be happy, grateful and at peace.

Each one will have to work that out for himself. In the AOL founder says, "There is no price waiting for the gift."

Best chance

True to the country tradition, when a student is ready, a teacher comes to inspire what instructional materials can do. The teacher recommended things to make us the best chance of achieving "what you



1 AOL volunteer Raulo Roco. He goes through a page

according to the book for the day's breathing

"come home to."

At AOL, Raulo, in his 20s, believed in an exercise, so making and giving yoga to his students. He has practice for learning outweighed his studies for academic purposes.

What was harder for some people, because of the nature of their work, was to avoid stress, without medication.

Easy and relaxing

When they said that finally she would be coming home for the next five days because of her evening class, they would not understand why she (Lynette) was here. She had to travel to Manila "just to learn how to breathe."

As days passed, what made the course more and more interesting was to put the body in a relaxed



state. "The series of breathing exercises freed the body and mind of any stressors and made breathing that natural, natural, natural. Once the mind was free and relaxed, the body followed."

On day three, Raulo found out he could really glide into the intensive more with a body made light by a vegetarian diet without coffee and nicotine. He did not feel a heightened mind state, making others brighter.

By Day Five, Helen, an insurance agent, was surprised to have been able to sleep without pills for the first time.

www.aol

RIGHT of these signs breathing postures helps with health as help, taking in eight cycles of 4-4-4 (inhale-hold-exhale) built rhythm breathing to bring the inner part of the body.

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TRISH-M. Brinner, signed Helen Dug and Eva Costa, and Hie Sanderson-Pedraza

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2007.7 David Thomas
and **2007.8 Thomas**

TOIP made it clear
Hannuopul Karmen

Caesop's Shave-ryber must marketing director Sam Wong and brilliant president Emileka Tang headed the effort, together with the jubilee Caesop. Biggest winners—all of whom contributed to Caesop's business understanding of women—were Joe Smith, chairman.

Enaps has definitely moved into world-class shoe format, with styles that are gorgeously

Werner power Photo by Alex
and Bastien

To educate infant university the magazine chose 10 amazing women who not only inspired others by standing in their fields, but also embodied endurance and style.

Myra Mann presented the award to the 10 women.

100



Impact of the World

30 years.
 (Liane Fabel, 40, is a children's librarian.)

Leana Vucelja de Bontate, 36, ce reprezintă, în calitate de executivă la VMV Hipodromurilor, din Cămin Filipina legătură cu "transacțiile" companiei.

Volle Villanueva-Ring, 33, is an advertising executive.

and Regulatory Board.
Anna Leah Samuels, TI,
is executive director of the
Women's Media Circle and

Joe Hagen
apartment
owner

"Marie Claire magazine is the only magazine that actively challenges its readers to become more beautiful, smarter and more in-tune with the world around them," says the editor.

48 years
These days, scientists say, we can live more



100

Lance LaRonde, Dr. Stephen Pearl, and Rudy Harris and Beauty




Robin "Tex" Brown and female member

J.J. Anderson, Stewart

celebrated at a full moon festival of the

His show followed with a tripartite audio-visual presentation that underscored Personal Life's commitment to its mission over the long

claim Dr. Abraham Paschal gave personal notes about his parents, asserting that "dedication and faith is building a company."

who gave the keynote speech, recognized Peruchetti's invaluable contributions to the nation.

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LUET *Not to be confused*





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The Philippines ranks ninth among countries with the highest projected incidence of diabetes in the world

Sugar is sweet and that's the problem

By Anne A. Jarabera

A PANDEMIC THREATENING Asia is the main focus. Diabetes is the best due to its highly preventable, non-communicable disease.

Called as the silent killer, the disease strikes younger and younger people each year.

In a recent report, the World Health Organization (WHO) said 171 million people were diagnosed with diabetes in 2000, with more than 30 percent living in Asia. By year 2030, the WHO estimates the number will reach 300 million, forcing people in their productive years (40 and above), while 5-6 million cases, the Philippines ranks ninth among countries with the largest number of diabetic populations in the world. Many more remain undiagnosed.

The World Summit was convened during the recent Global Pandemic Disease Workshop sponsored by the United Nations Development Programme (UNDP).

"Diabetes is not just about sugar. It's also about obesity, hypertension, cardiovascular disease and so much more," said workshop speaker Dr. Patricia Galambos, a diabetologist and fellow of the Philippine College of Physicians and Philippine Society of Endocrinology and Metabolism.

"In old times, Type 2 is adult-onset diabetes, where the body does not respond properly to insulin, is more common, more than 90 percent of cases, than Type 1 (an immune or insulin-dependent type when the pancreas does not produce enough insulin).

Organ damage

Both types result in increased concentration of glucose (sugar) which damages many of the body's organs.

Every 10 seconds a person dies of diabetes-related causes. Every 30 seconds a limb is lost to the disease. Some 50 percent of diabetes die from cardiovascular disease.

Diabetes is the leading cause of stroke in the world, with at least one in 20 people afflicted with the disease. (Diabetes can take 10 years of off a person's lifespan, according to WHO).

Damage, said Galambos, begins in the blood vessels and nerves. Complications include eye disease that can cause blindness, kidney failure, nerve damage that increases the risk of amputation, heart disease, stroke and peripheral vascular disease.

"Glucose is the most used form of energy in Type 2 diabetes, if your body cannot utilize glucose as energy, damage to the cells occurs and the risk of complications rises," Galambos said.

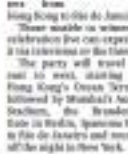
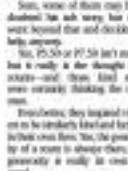
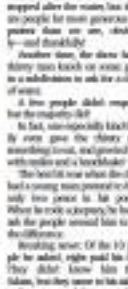
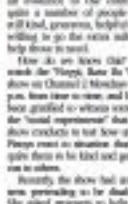
She said the main reasons for the alarming rise in diabetes incidence were overeating, technological advancement, population growth, aging, sedentary lifestyle, increasing prevalence of obesity and physical inactivity, for instance, result in a sedentary lifestyle.

Conversely, some people are also at greater risk of developing the disease, but this does not mean people predisposed to it, born should develop the condition.

Common but preventable

What is Type 2 diabetes, the most common but preventable kind?

The so-called adult-onset diabetes means insulin resistance, where the body fails to respond effectively to the circulating insulin. Galambos said when the body thinks it needs more insulin, the pancreas compensates by pro-



At the Cinemas

G1 **THE BULLS**
G4 **LITTLE MISS SUNSHINE**
GB1 **TEENACIOUS 2**
GB3 **A GOOD YEAR**
ATC **HAPPY FEET**
ACC **ROCK THE HALLS**
M2 **HAPPY FEET**

2 **HAPPY FEET**
3 **TEENACIOUS 2**
4 **A GOOD YEAR**
5 **HAPPY FEET**
6 **THE SAVVY**
7 **THE SAVVY**
8 **THE SAVVY**
9 **THE SAVVY**

1 **TEENACIOUS 2**
2 **HAPPY FEET**
3 **A GOOD YEAR**
4 **THE SAVVY**
5 **THE SAVVY**
6 **THE SAVVY**
7 **THE SAVVY**

At the Activity Center

GLORIETTA
AYALA CENTER
TOWN
MARKET MARKET

1 **TEENACIOUS 2**
2 **HAPPY FEET**
3 **A GOOD YEAR**
4 **THE SAVVY**
5 **THE SAVVY**
6 **THE SAVVY**
7 **THE SAVVY**

1 **TEENACIOUS 2**
2 **HAPPY FEET**
3 **A GOOD YEAR**
4 **THE SAVVY**
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